



**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

## Trustees' Annual Report for the period

**From** 1/4/21 **Period start date** **To** 31/3/22 **Period end date**

**Charity name:** A Mindful Paws

**Charity registration number:**1189553

## Objectives and Activities

|  | SORP reference     |  |
|--|--------------------|--|
| Summary of the purposes of the charity as set out in its governing document  | Para 1.17          | <ul style="list-style-type: none"><li>• To support young people (13-25 years old) with their mental health and emotional well-being.</li><li>• To offer accessible community-based support in areas within the Cambridgeshire area.</li><li>• Support will include evidence-based practice along with a range of alternative/holistic therapies.</li><li>• To sell services such as training or consultation to external agencies in how to support young people with emotional and mental health issues</li></ul> |
| Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts. | Para 1.17 and 1.19 | <p>An Art group and individual support provided by a Youth Support Worker.</p> <p>A Mindfulness Group and individual therapy provided by a Mindfulness therapist</p> <p>Canine Assisted Therapy Group and individual therapy provided by an animal assisted therapist.</p>   |
| Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit   | Para 1.18          | We can confirm that the trustees have viewed the guidance from the Charity Commission on public benefit.   |

### Additional information (optional)

You may choose to include further statements where relevant about:

|  | SORP reference |  |
|--|----------------|--|
|--|----------------|--|

|  |           |  |
|--|-----------|--|
| Policy on grant making   | Para 1.38 |  |
| Policy on social investment including program related investment | Para 1.38 |  |
| Contribution made by volunteers                                  | Para 1.38 |  |
| Other  |           |  |

## Achievements and Performance

|   | SORP reference |  |
|---|----------------|--|
| Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole. | Para 1.20      | <p>During this period, we saw 67 young people either individually or as part of a therapeutic group.</p> <p>We did not start the project until July 2021 and referrals were initially a little slow due to the Summer holidays. However, this soon picked up after September. We offer an alternative method of supporting mental health for professionals to refer into, assisting young people to develop coping strategies and resilience to help them deal with challenges and improving their outcomes. This provision has taken the pressure off of other services. They have felt confident in closing their work with young people, knowing they will be supported by our service.</p> <p>We have had very positive feedback from the young people and their parents. They have found the support we provided gave them more confidence, taught them techniques for managing their emotions. They found the groups a safe space to engage socially with other young people. This is often something they</p> |

|  |  |  |
|--|--|--|
|  |  | have found extremely challenging at times. |
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**Additional information (optional)**

You may choose to include further statements where relevant about:

|  |           |  |
|--|-----------|--|
| Achievements against objectives set                          | Para 1.41 |  |
| Performance of fundraising activities against objectives set | Para 1.41 |  |
| Investment performance against objectives                    | Para 1.41 |  |
| Other  |           |  |

## Financial Review

|  |           |   |
|--|-----------|---|
| Review of the charity's financial position at the end of the period              | Para 1.21 | £14,400 total of which £14,277 is restricted funds, £123.00 in unrestricted funds.  |
| Statement explaining the policy for holding reserves stating why they are held   | Para 1.22 | No reserves held from this budget   |
| Amount of reserves held  | Para 1.22 | 0   |
| Reasons for holding zero reserves  | Para 1.22 | It was not factored into the funding request or budget. This will be done in future.                                      |
| Details of fund materially in deficit  | Para 1.24 | N/A   |
| Explanation of any uncertainties about the charity continuing as a going concern | Para 1.23 | Securing further funding. Currently waiting on a decision from a funding source. Some additional funding already secured. |

### Additional information (optional)

You may choose to include further statements where relevant about:

|   |           |  |
|---|-----------|--|
| The charity's principal sources of funds (including any fundraising)            | Para 1.47 |  |
| Investment policy and objectives including any social investment policy adopted | Para 1.46 |  |
| A description of the principal risks facing the charity                         | Para 1.46 |  |
| Other   |           |  |

## Structure, Governance and Management

|   |           |   |
|---|-----------|---|
| Description of charity's trusts:  |           |   |
| Type of governing document<br>(trust deed, royal charter)   | Para 1.25 | Association Model Constitution  |
| How is the charity constituted?<br>(e.g unincorporated association, CIO)  | Para 1.25 | CIO   |
| Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees | Para 1.25 | Interested individuals are able to apply for membership which will be considered by the CIO. They must be willing to accept and adhere to the duties of members as set out in the constitution document.<br>All trustees give their time voluntarily and receive no financial benefits from the charity.<br>Trustees must be interested in furthering the work of the charity and therefore should have some interest or experience in the well-being or mental health of young people. |

### Additional information (optional)

You may choose to include further statements where relevant about:

|   |           |  |
|---|-----------|--|
| Policies and procedures adopted for the induction and training of trustees                | Para 1.51 |  |
| The charity's organisational structure and any wider network with which the charity works | Para 1.51 |  |
| Relationship with any related parties   | Para 1.51 |  |
| Other   |           |  |

### Reference and Administrative details

|              |                |
|--------------|----------------|
| Charity name | A Mindful Paws |
|--------------|----------------|

|                             |                                      |
|-----------------------------|--------------------------------------|
| Other name the charity uses |                                      |
| Registered charity number   | 1189553                              |
| Charity's principal address | 31 Dyson Close, Huntingdon, PE29 6GQ |
|                             |                                      |

## Names of the charity trustees who manage the charity

|    | Trustee name     | Office (if any) | Dates acted if not for whole year | Name of person (or body) entitled to appoint trustee (if any) |
|----|------------------|-----------------|-----------------------------------|---|
| 1  | Linsey Ablewhite |                 |                                   |   |
| 2  | Natalie Kali     |                 |                                   |   |
| 3  | Sarah Sinclair   |                 |                                   |   |
| 4  | Ben Murray       |                 |                                   |   |
| 5  |                  |                 |                                   |   |
| 6  |                  |                 |                                   |   |
| 7  |                  |                 |                                   |   |
| 8  |                  |                 |                                   |   |
| 9  |                  |                 |                                   |   |
| 10 |                  |                 |                                   |   |
| 11 |                  |                 |                                   |   |
| 12 |                  |                 |                                   |   |
| 13 |                  |                 |                                   |   |
| 14 |                  |                 |                                   |   |
| 15 |                  |                 |                                   |   |
| 16 |                  |                 |                                   |   |
| 17 |                  |                 |                                   |   |
| 18 |                  |                 |                                   |   |
| 19 |                  |                 |                                   |   |
| 20 |                  |                 |                                   |   |

## Corporate trustees - names of the directors at the date the report was approved

| Director name |  |  |
|---------------|--|--|
|               |  |  |
|               |  |  |
|               |  |  |
|               |  |  |
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|               |  |  |
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## Name of trustees holding title to property belonging to the charity

| Trustee name | Dates acted if not for whole year |  |
|--------------|-----------------------------------|--|
|              |                                   |  |
|              |                                   |  |
|              |                                   |  |

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## Funds held as custodian trustees on behalf of others

|   |  |
|---|--|
| Description of the assets held in this capacity   |  |
| Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects |  |
| Details of arrangements for safe custody and segregation of such assets from the charity's own assets                         |  |

### Additional information (optional)

#### Names and addresses of advisers (Optional information)

| Type of adviser | Name | Address |
|-----------------|------|---------|
|                 |      |         |
|                 |      |         |
|                 |      |         |
|                 |      |         |

#### Name of chief executive or names of senior staff members (Optional information)

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## Exemptions from disclosure

Reason for non-disclosure of key personnel details

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## Other optional information



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## Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

|   |  |
|---|--|
|  |  |
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Full name(s)

|                  |              |
|------------------|--------------|
| Linsey Ablewhite | Natalie Kali |
|------------------|--------------|

Position (eg  
Secretary, Chair, etc)

|       |           |
|-------|-----------|
| Chair | Secretary |
|-------|-----------|

Date

|            |
|------------|
| 26/01/2023 |
|------------|



CHARITY COMMISSION  
FOR ENGLAND AND WALES

|                                       |                               |
|---------------------------------------|-------------------------------|
| Charity Name<br><b>A Mindful Paws</b> | No (if any)<br><b>1189553</b> |
|---------------------------------------|-------------------------------|

## Receipts and payments accounts

|                        |                                   |    |                                  |
|------------------------|-----------------------------------|----|----------------------------------|
| For the period<br>from | Period start date<br>1st April 21 | To | Period end date<br>31st March 22 |
|------------------------|-----------------------------------|----|----------------------------------|

### Section A Receipts and payments

|   | Unrestricted funds<br>to the nearest<br>£ | Restricted funds<br>to the nearest £ | Endowment funds<br>to the nearest £ | Total funds<br>to the nearest £ |
|---|---|--------------------------------------|-------------------------------------|---------------------------------|
| <b>A1 Receipts</b>                                    |   |                                      |                                     |                                 |
| Cambridgeshire Community Fund                         | -   | 25,000                               | -                                   | 25,000                          |
| County Council  | -   | 500                                  | -                                   | 500                             |
| St Neots Tangent                                      | 70  | -                                    | -                                   | 70                              |
|   | -   | -                                    | -                                   | -                               |
|   | -   | -                                    | -                                   | -                               |
|   | -   | -                                    | -                                   | -                               |
|   | -   | -                                    | -                                   | -                               |
|   | -   | -                                    | -                                   | -                               |
| <b>Sub total</b> (Gross income for AR)                | 70  | 25,500                               | -                                   | 25,570                          |
| <b>A2 Asset and investment sales, (see table).</b>    |   |                                      |                                     |                                 |
| N/A   | -   | -                                    | -                                   | -                               |
|   | -   | -                                    | -                                   | -                               |
| <b>Sub total</b>                                      | -   | -                                    | -                                   | -                               |
| <b>Total receipts</b>                                 | 70  | 25,500                               | -                                   | 25,570                          |
| <b>A3 Payments</b>                                    |   |                                      |                                     |                                 |
| Art Materials   | -   | 248                                  | -                                   | 248                             |
| Therapy Provision                                     | -   | 10,575                               | -                                   | 10,575                          |
| Yoga  | -   | 400                                  | -                                   | 400                             |
|   | -   | -                                    | -                                   | -                               |
|   | -   | -                                    | -                                   | -                               |
|   | -   | -                                    | -                                   | -                               |
|   | -   | -                                    | -                                   | -                               |
|   | -   | -                                    | -                                   | -                               |
| <b>Sub total</b>                                      | -   | 11,223                               | -                                   | 11,223                          |
| <b>A4 Asset and investment purchases, (see table)</b> |   |                                      |                                     |                                 |
| N/A   | -   | -                                    | -                                   | -                               |
|   | -   | -                                    | -                                   | -                               |
| <b>Sub total</b>                                      | -   | -                                    | -                                   | -                               |
| <b>Total payments</b>                                 | -   | 11,223                               | -                                   | 11,223                          |
| <b>Net of receipts/(payments)</b>                     | 70  | 14,277                               | -                                   | 14,347                          |
| <b>A5 Transfers between funds</b>                     | -   | -                                    | -                                   | -                               |
| <b>A6 Cash funds last year end</b>                    | 53  | -                                    | -                                   | 53                              |
| <b>Cash funds this year end</b>                       | 123                                       | 14,277                               | -                                   | 14,400                          |


## Section B Statement of assets and liabilities at the end of the period

| Categories  | Details  | Unrestricted funds<br>to nearest £         | Restricted funds<br>to nearest £         |
|---|--|--|--|
| <b>B1 Cash funds</b>                                |  | 123  | 14,277                                   |
|   |  | -  | -  |
|   |  | -  | -  |
|   | <b>Total cash funds</b>                                | <b>123</b>                                 | <b>14,277</b>                            |
|   | (agree balances with receipts and payments account(s)) | OK   | OK                                       |
| <b>B2 Other monetary assets</b>                     | <b>Details</b>   | <b>Unrestricted funds<br/>to nearest £</b> | <b>Restricted funds<br/>to nearest £</b> |
|   |  | -  | -  |
|   |  | -  | -  |
|   |  | -  | -  |
|   |  | -  | -  |
|   |  | -  | -  |
|   |  | -  | -  |
| <b>B3 Investment assets</b>                         | <b>Details</b>   | <b>Fund to which asset belongs</b>         | <b>Cost (optional)</b>                   |
|   |  |  | -  |
|   |  |  | -  |
|   |  |  | -  |
|   |  |  | -  |
| <b>B4 Assets retained for the charity's own use</b> | <b>Details</b>   | <b>Fund to which asset belongs</b>         | <b>Cost (optional)</b>                   |
|   |  |  | -  |
|   |  |  | -  |
|   |  |  | -  |
|   |  |  | -  |
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|   |  |  | -  |
|   |  |  | -  |
| <b>B5 Liabilities</b>                               | <b>Details</b>   | <b>Fund to which liability relates</b>     | <b>Amount due (optional)</b>             |
|   |  |  | -  |
|   |  |  | -  |
|   |  |  | -  |
|   |  |  | -  |

Signed by one or two trustees on behalf of all the trustees

Signature

Print Name



LINSEY ABLEWHITE

CC16a



Last year  
to the nearest £

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**Endowment  
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OK

**Endowment  
funds**

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**When due  
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Date of  
approval

11/29/2022